

Nutrition and a Healthy baby

Name _____

For each question, select the answer that you think is correct.

- _____ 1. When is it important for a pregnant woman to get prenatal care?
- a. by the fourth month
 - b. by the fifth month
 - c. as early as possible
 - d. when she thinks she needs it
- _____ 2. The best advice on what to eat while pregnant is:
- a. eat whatever you like
 - b. eat for two
 - c. eat a variety of foods
 - d. eat what you crave
- _____ 3. Foods from the milk group are a good source of:
- a. fiber
 - b. iron
 - c. Vitamin C
 - d. calcium
- _____ 4. Small babies are:
- a. healthy babies
 - b. babies at risk
 - c. easier to deliver and care for
 - d. okay, just small
- _____ 5. The appropriate weight gain for a healthy woman is about:
- a. 10-15 pounds
 - b. 15-20 pounds
 - c. 20-25 pounds
 - d. 40 pounds
- _____ 6. During pregnancy, weight gain should occur:
- a. only in the last few months
 - b. gradually all through the pregnancy
 - c. mostly in the middle of the pregnancy
 - d. depends on current weight of woman

- _____ 7. As long as pregnant women take a prenatal vitamin, they don't need to worry about what I eat:
- a. true
 - b. false
- _____ 8. Smoking mothers have a greater chance of miscarriage or stillbirth
- a. true
 - b. false
- _____ 9. Using alcohol and drugs in moderation is safe while pregnant.
- a. true
 - b. false
- _____ 10. Good nutrition is important even before you are pregnant.
- a. true
 - b. false



Adapted from the *Have a Healthy Baby Survey Two*, Iowa State University Cooperative Extension Service, September, 1996.

Nutrition and a Healthy baby Answer Key

Name _____

For each question, select the answer that you think is correct.

- ___c___ 1. When is it important for a pregnant woman to get prenatal care?
- a. by the fourth month
 - b. by the fifth month
 - c. as early as possible
 - d. when she thinks she needs it

- ___c___ 2. The best advice on what to eat while pregnant is:
- a. eat whatever you like
 - b. eat for two
 - c. eat a variety of foods
 - d. eat what you crave

- ___d___ 3. Foods from the milk group are a good source of:
- a. fiber
 - b. iron
 - c. Vitamin C
 - d. calcium

- ___b___ 4. Small babies are:
- a. healthy babies
 - b. babies at risk
 - c. easier to deliver and care for
 - d. okay, just small

- ___c___ 5. The appropriate weight gain for a healthy woman is:
- a. 10-15 pounds
 - b. 15-20 pounds
 - c. 20-25 pounds
 - d. 25-40 pounds

- ___d___ 6. During pregnancy, weight gain should occur:
- a. only in the last few months
 - b. gradually all through the pregnancy
 - c. mostly in the middle of the pregnancy
 - d. depends on prepregnancy weight of woman

___b___ 7. As long as pregnant women take a prenatal vitamin, they don't need to worry about what I eat:

- a. true
- b. false

___a___ 8. Smoking mothers have a greater chance of miscarriage or stillbirth

- a. true
- b. false

___b___ 9. Using alcohol and drugs in moderation is safe while pregnant.

- a. true
- b. false

___a___ 10. Good nutrition is important even before you are pregnant.

- a. true
- b. false



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